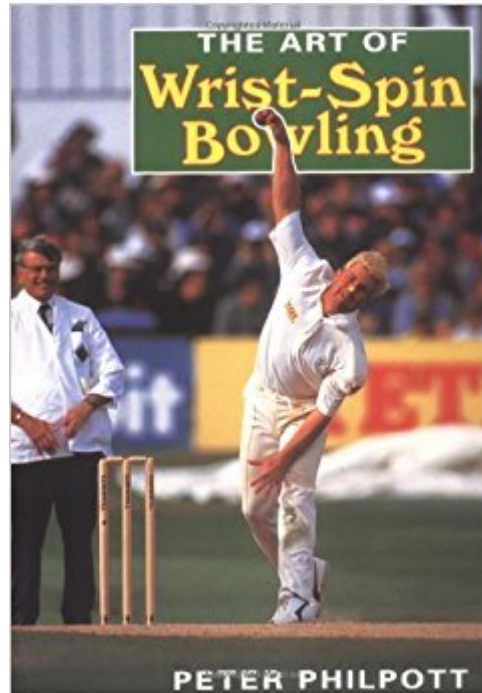




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The Art Of Wrist-Spin Bowling



Synopsis

With the striking success of Shane Warne and Abdul Qadir in modern Test cricket, wrist-spin bowling is definitely back in fashion. In this fully illustrated and readable book, Peter Philpott shows players and coaches at all levels how to acquire the skills of this highly dexterous style of bowling. Areas covered include the basic techniques covered step by step, solving bowling problems, how to bat against wrist-spin, mental and physical preparation for matches, and the tactics to use.

Book Information

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